



# The Sand Castle

*"A newsletter by and for the employees of the Galveston District"*

US Army Corps  
of Engineers  
Galveston District







On the cover: Kim Crawford, Director of the Federal Woman's Program poses with students during "Introduce a Girl to Engineering." Top: Col. Waterworth talks to high school and elementary students on the importance of engineering. Story on page 6.

## Volume 20 Number 2

# The Sand Castle

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**A newsletter for and by  
the employees of the  
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# COMMANDER'S COLUMN

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We are in a busy time: War on terrorism, Field Engineering Support Teams deploying, PMBP/P2 training, continuing resolution authority, our daily critical mission and visits from the leadership of the Army. It's an exciting time, with lots of demands and uncertainty but it is not a time to wring our hands or focus in on issues that we can't control. It is time to make a difference and demonstrate our value added. What is the measure of our character?



*Col. Leonard D. Waterworth*

As we face potential hostility let there be no mistake in anyone's minds that the War on Terrorism is USACE's number one priority. We should not allow ourselves to live in fear as we go about our day-to-day lives. I have lived overseas where bomb threats were an everyday occurrence, I have lived in communities where bombs blew up taxicabs in front of local hotels or hit local theaters. I have lived in cities where there were soldiers with automatic weapons on every street corner. We should never let that happen here.

As the President and the Nation is tested, I see people and communities stepping up to national and personal challenges every day, what I see are true American Heroes.

Just last Saturday, over the skies of Texas we lost the Space Shuttle Columbia. Seven brave souls were lost, and as we grieve for the astronauts you can see the test of the American Character. Thousand of individuals united without promise of reward or recognition, to find the remains and debris of the shuttle: that was a test of character.

Within our own building, we asked for volunteers to support operations in South West Asia. Technical expertise in communications, logistics and engineering will be needed in the theater of war and Galveston District answered the call with over 20 volunteers: this is a test of character.

And on the individual level I watch people fight adversity daily. Recently Mark Lumen for a still unknown reason, lost the majority of his vision. Doctors have yet to answer why, but as doctors attempt to formulate a treatment plan, Mark has not slowed down. Every day he comes to work, every day he finds ways to fight through this situation and remain productive to his office, the district, to our Nation. I have never measured my heroes by how well they sing or act, how much money they have, or how many points they score. I measure a hero by how they react to adversity. Mark Lumen is a hero of mine. The way he is fighting through his personal adversity, finding ways to remain highly productive and being 100% positive and optimistic is a lesson in leadership to us all. We will all be challenged, personally, professionally, as a district and as a Nation. We have a great role model to emulate right here in the district. Thanks Mark.

The Presidential Budget is out. The President and Congress have the difficult task of balancing National priorities. Over the next few months Congress will work with the president to come up with an overall budget that attempts to obtain the best possible balance of priorities for the nation. We will have to wait to see what the 2004 budget will finally look like. It appears that the over all USACE budget will remain flat but I am not sure what the impact will be to Galveston's program. Regardless of what the budget turns out to be, Team Galveston will continue to execute every one of our programmed dollars and we will take up the slack for those that can't spend their programmed dollars. Bottom Line: Aggressively execute our program.

Contracting out, Third wave, fair act, you have heard all those terms and I am trying to assess the impact on the Corps of Engineers and specifically Galveston Engineer District. I recently talked to the Chief of Engineers LTG Flowers and he explained that Corps is one of the few government agencies that have a plan submitted to Office Management and Budget. (OMB). Our plan calls for the Corps to competitively compete 7500 positions throughout the entire Corps. As I understand, OMB has accepted our plan and the Assistant Secretary of the Army (Civil Works) ASA (CW) has written a letter to DoD requesting that our plan be accepted as part of the DoD third wave plan. What will be the impact to Team Galveston, I Don't Know! But I will continue to tell you Galveston Engineer District Does a Great Job Every Day. The job we do is vital for the Nation, our economy and the war effort. I do not think anyone out there can do a better job than you do. SO, what have you done well for America today?



Col. Robert Crear

## Standing Up For What's Right

### *Recognizing Black History Month*

This month I want to discuss our nation's stand for world peace and national defense, how it is related to other events that have forged our country's character, and what you and I can do to support our Nation.

Last month, I personally took part in community activities celebrating Martin Luther King Day. And, more than ever, I was reminded how this man of peace taught us why we, individually and as a Nation, have to take a stand, why we should give back to the world, and why we must make a conscious decision to care for the people of our Nation.

As I read over some of Martin Luther King's quotes, I was struck by how directly they address our current fight for world freedom and security. King's words are timeless. When he was in jail in Birmingham, he said, "Injustice anywhere is a threat to justice everywhere." That is never more true than today. He also pointed out that "One who condones evil is just as guilty as the one who perpetrates it." Those tough words accomplish their purpose - they make us think. Can we stand by when wrongs are being committed? Can we remain uninvolved? To remain neutral while others put the world in jeopardy is simply a choice to align with the wrongdoers. King's answer was simply, "The time is always right to do what is right."

Further, King spoke directly to me as a soldier and a citizen of the United States when he said, "No man is worth his salt who is not ready at all times to risk his body, to risk his well-being, to risk his life, in a great cause." That means we make the hard choices, we decide what our position should be and we make that position known. We determine what we stand for and we announce it to the world. With full knowledge that there will be a price, our Nation chooses action rather than apathy or neutrality.

None of us knows what 2003 holds in store. But, whatever it is, we are a better people for declaring our support for the free world in this very difficult time. Most of us know someone in the military or a colleague who is away from loved ones because he or she is making the world a safer place for us all. We owe a debt of gratitude. And, I know I don't have to remind you that the U. S. Army Corps of Engineers is a major player in the defense of our Nation - as it has been for over 227 years. You directly contribute to our national defense every day. In essence, we have all taken stands that will help to mold the events of the coming year.

This month, we celebrate President's Day, a day that recognizes all our presidents, but two in particular: George Washington and Abraham Lincoln. Both of these men led our country in very rough times — Washington when our country was just beginning and Lincoln during our Civil War. Both of these presidents had the fortitude and the ethics to take a stand and let the world know what they believed. The United States, blessed with the right leaders at the right time, survived those difficult days and many more over its history. Today we once again stand on the brink of potential war, making our position well known to the world. We face many important issues. Our President, George Bush, has outlined three major priorities: Homeland Security, Economic Security and National Security. On all fronts, we have much work to do over the coming years. And you and I work for an organization that will contribute to the nation's success in all three of these priority areas.

February is also Black History Month. This month was selected partly because it contains the birthdays of Abraham Lincoln and, another civil rights proponent from the 1800's, Frederick Douglass, two men who greatly impacted the American black population. Credit for starting Black History Week, which eventually grew into

**continue on next page...**



## Prairie View A&M Meets with District

On February 11, Galveston District held a meeting with Vice-President Willie Trotty and Director of Career and Outreach Services, J.E. Pennywell of Prairie View A&M University to discuss future plans for contracts with the university, including recruiting Prairie View students to the Corps.

After a video presentation of Galveston District, Trotty, gave the Corps officials a brief look at Prairie View's makeup, including their strong military and engineering background.

Prairie A&M University not only provides students with engineering degrees, but also human resources and development training courses said Trotty.

"We want to continue developing a good and successful relationship with universities," said MAJ Joseph Hanus, Corps Deputy Engineer, "This process is not only beneficial for the students, but for us as well."



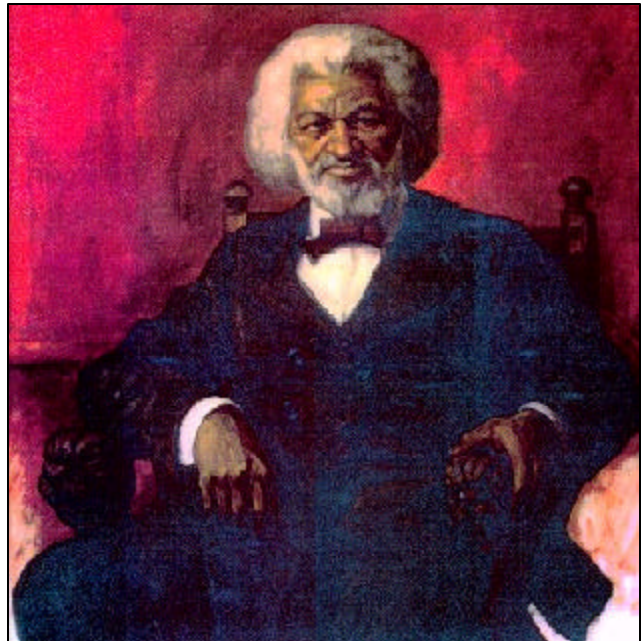
*Herbie Maurer, MAJ Hanus, Rose Caballero, Barbara Watts, Jacqueline Adekanbi, and Curtis Cole pose with the Director of Career and Outreach Services, J.E. Pennywell and Vice-President Willie Trotty.*

**continued...**

Black History Month, goes to a noted black scholar and historian, Carter G. Woodson, the son of former slaves. Woodson received his PhD from Harvard in 1912, only the second African American to do so. His travels and studies convinced him that the history of the Black American was neglected and he set out to do his part to change that. He was convinced that if a race had no recorded history, its achievements would be forgotten or ignored and eventually claimed by others. He also took a stand and he took action to right a wrong, just as others before and after him have done.

If you will indulge me in one more quote, I have one that summarizes what we as a nation are doing and must continue to do to make the upcoming year better for us all. I look once again to Martin Luther King who wrote, "Human progress is neither automatic nor inevitable...Every step toward the goal of justice requires sacrifice, suffering, and struggle; the tireless exertions and passionate concern of dedicated individuals."

And, I thank every one of you for your dedication to the Corps of Engineers, Southwestern Division and the United States of America. Expect a great 2003 and help it be so! HOOAH!



*Frederick Douglass was one of the foremost leaders of the abolitionist movement, which fought to end slavery within the United States in the decades prior to the Civil War. He won world fame when his autobiography was publicized in 1845. Two years later he began publishing an antislavery paper called the North Star. Douglass served as an adviser to President Abraham Lincoln during the Civil War and fought for the adoption of constitutional amendments that guaranteed voting rights and other civil liberties for blacks.*



## District Celebrates National Engineering Week with Local Students

In honor of  
National Engineering Week,  
Galveston District's Federal

Women's Program hosted on February 20  
"Introduce a Girl to Engineering".

"We invited over 50 female high school students from Ball High and 30 girls from a local middle school to participate in Thursday's event," said Kim Crawford, Director of the Federal Women's Program. "We wanted to let girls know that engineering not only wants them, but that there is need for them in this field."

Research shows that girls and young women lose interest in subjects and the fields of study leading to engineering careers long before they enter college. The goal of the program is to show these girls that the field of engineering can be interesting and that they can choose any career they want.

February 20 also marked the introduction of a major web resource for current and prospective female engineers. The Women in Engineering Organization ([www.weio.org](http://www.weio.org)) is the first web site to organize information about educational (i.e. scholarships, fellowships, and grants), career opportunities and programs for female engineers into one central clearinghouse, aiming to help girls and women continue to explore the field of engineering beyond a one day experience.

"Introduce a Girl to Engineering" took place in the Jadwin Building's main conference



*Earnestine Brown watches while students "play" with the idea of static electricity.*



*Galveston District engineers demonstrate how to build a dam.*



*Students pose for the camera holding their Certificates of Participation.*

room. The event would not have been such a success without the help of Lizette Richardson, Cindy Burke Betty Voelkel, Jacqueline Adekanbi, Demetrice Jones, and Earnestine Brown said Crawford.



## Welcome, Terry Bautista as Chief of Engineering Division

Terry Bautista graduated with a Bachelor of Science degree in Civil Engineering from the University of California-Berkeley in 1978. He received his Professional Engineer License number in 1987 and became an Administrative Contracting Officer in 1992.

Bautista began his career with USACE in 1978 in the San Francisco District as a Civil Engineer in San Francisco, Ca. His next locations were in Frankfurt and Hahn Air Base, Germany and then Tel Aviv, Israel, from 1982 until 1994, where he was Construction Manager, Office Engineer, and the Project Engineer on several projects.

Coming back to the states in 1994, Bautista was stationed in the Los Angeles District

as a Resident Engineer and Deputy Resident Engineer.

In 2000, Bautista was relocated to Cairo, Egypt as an Area Engineer for the Transatlantic Programs Center.

Bautista has received numerous awards including awards from the Egyptian Armament Authority, U.S. Embassy Tel Aviv, Israel Defense Forces, and Europe Divisions, as well as the Los Angeles District, Baltimore District and Norfolk District.

Beginning on Jan 27, 2003, Bautista called the Galveston District his new home as the Chief of Engineering and Construction Division.

He and his wife, Cristina have two daughters, Victoria and Stephanie.



## Charlotte Stockwell is February's "Woman of the Month"

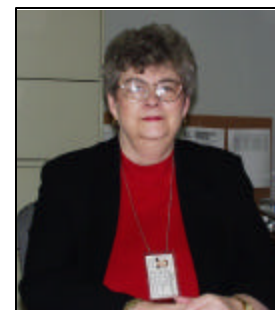
Charlotte Stockwell has been selected as "Woman of the Month" by the Federal Women's Program for February 2003. Charlotte is the Chief of Resource Management Office for Galveston District. Charlotte is a newcomer to the Galveston District, arriving only last May 2002. She hails from the Tulsa District where she was the Chief of Resource Management.

Charlotte has a total of 27 years of federal service that took her to three continents. She began her career in 1975 in Geissen, Germany as a Postal Clerk. In 1976 her field changed to finance, when she took a GS-5 Accounting Technician position. Three different tours to Germany gave her a total time of 12 years in that country. In 1982 during a 5 year tour in Louisville, KY she got her first break into an upward mobility position, a 5/7/9 Budget Analyst, in the Construction Division. Then in 1987 she left for Germany as a Program Analyst. Her willingness to be mobile led her to Seoul, Korea for a two-year assignment as Chief of RMO which was

later upgraded to GS-14.

Charlotte has always been willing to "think out of the box" and try something new, to which in part, she attributes to her successful career. She has accepted down-grades to gain experience in order to be later promoted, which says a lot for her courage and tenacity. Charlotte is always continuing her education through various means, such as correspondence and college courses. She is a 1995 graduate of the Army Staff College and recommends others wishing to advance to do the same. Her belief is that, "You have to manage your own career." While she was busy managing her career she also managed a family of four children and now is reaping those benefits by enjoying nine grandchildren and one great-grandchild.

Charlotte also encourages folks here to enjoy what they have here in the Galveston District, "It's a wonderful place to be, just look at this view!"



## SWG Engineer Attends Black Engineer of the Year Conference

*Byron Williams endures being snowed in to attend conference in Baltimore, Maryland.*

On Feb. 13-16, Byron Williams, BEP Manager, attended the Black Engineer of the Year Awards Conference in Baltimore MD, which honored our own, Brig. Gen. Ronald Johnson (P), Commander of the Pacific Ocean Division (POD).

In addition, Williams attended the 7<sup>th</sup> Annual USACE Workshop with Lt. Gen. Flowers and Brig. Gen. Crear titled "Expectations Of A Learning Organization."

During the workshop, Lt. Gen. Flowers stressed that we embrace the workshop namesake and expect, accept, and adapt to change for the



*Top: A photo from Byron's hotel room. If you look closely, you can see the top of a car in the parking lot.*

betterment of the Corps as a learning organization.

"I would encourage all corp employees to attend at least one USACE workshop. The registration at the Awards Conference is separate and not required to attend the workshop," said Williams.

Other than being snowed in for three additional days, the conference was a huge success including several direct student and permanent hires at the Baltimore District's display booth.

## Dewey Brunt is recipient of MLK Award



*Byron Williams, BEP Manager, awards Dewey Brunt with MLK award.*

The BEP committee selected Dewey Brunt as the 1st Annual Galveston District Martin Luther King Jr. award recipient.

"Dewey has proven himself to be a good man and deserves recognition for all his accomplishments," Byron Williams, BEP Manager, said.

This award is given annually to a nominated district employer that actively supports the philosophies, ideals, principles, accomplishments, achievements, and contributions of Dr. Martin Luther King Jr.





# 3<sup>rd</sup> Annual Fort Worth District Spring Bass Tournament Sam Rayburn Lake, Texas



**Where:** Twin Dikes Park at Sam Rayburn Lake

**When:** 6 AM to 3 PM, Saturday May 3, 2003

**Cost:** Entry fee will be \$40 per team, with those costs covering awards and prizes. There will also be a separate Big Bass Pot that may be entered for \$10 per person. Entries accepted until April 15, 2003. All entry forms and fees may be sent to either of the two POC's. Checks need to be made out to one of the POC's.

## RULES

The tournament will be a two-person team format, with the best 5 fish per team weighed in. No more than 5 fish will be allowed in the boat at any given time. Only the first 3 places will receive the coveted District plaques, and the Big Bass winner will receive a plaque as well as the cash in the Big Bass Pot. Depending on how many entries that are received, we may have a few door prizes.

All applicants will adhere to all state and federal boating and fishing laws. All boat and motor combinations must be Coast Guard approved.

All fish must be at least 14 inches in length. No penalties for dead fish but please try and do everything you can to keep your fish alive.

No more than one fishing rod per person shall be used at one time. No trolling with the motor allowed, except by use of an electric trolling motor. Artificial lures and bait only. No live bait. Simulated "pig" trailers, such as Uncle Josh's pork frog are allowed. The boat operator must have an emergency kill switch attached anytime the outboard combustible engine is running. Both the operator and passenger must have a Coast Guard approved life vest on at any time the outboard combustible engine is running.

All boats shall have an aerated livewell large enough, and adequate enough to maintain a five fish limit. Absolutely no alcohol allowed during tournament competition hours. Fishing with a "licensed guide" will not be allowed.

## LOGISTIC INFORMATION

Launch time will be 6:00am unless weather conditions or lake conditions warrant a delay. Weigh in time is 3:00pm and will be at the Twin Dikes Boat Ramp. All decision's made by the tournament POC's are final.

Tournament POC's are Tom Webb and Charlie Burger. Immediately following the weigh-in and awards presentation, we will be having dinner at the Stump Restaurant located there at the lake. Participants will be responsible for their own food and drinks.

Again, please get your entry form and all fees in before April 15, 2003, entries and fees **will not** be accepted after this date. Also, please indicate whether you will be eating at the Stump Restaurant so that reservations can be made.

**Enrty form can be found on page 18..**

# Running for a Cause

*Sam Watson and William Long, son of Richard Long, participate in Houston Marathon and FINISH!*

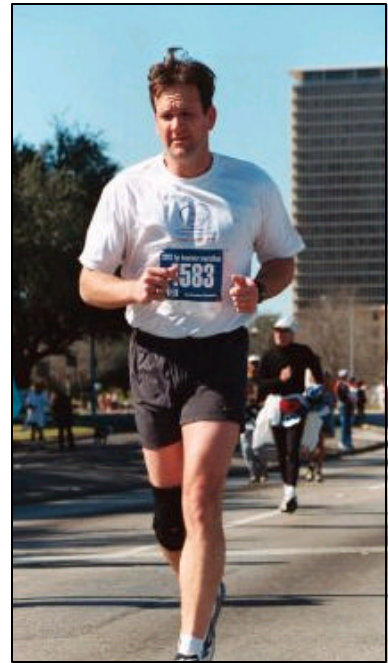
A record field of 11,878 participants lined up for the 31st hp (Hewlett Packard) houston marathon and its companion races, the ep 13.1 miler and 24 hour fitness 4 miler on Sunday Jan. 19, 2003. Among them were the Corps' own Sam Watson, Regulatory, and William Long, son of Richard Long from Addicks and Barker.

"It's been a long-term goal of mine. In ROTC at A&M, I had run long distances but never 26 miles on my own accord! As "my secret consultant" Johnny Rozsypal (veteran marathoner) says, it's mostly a mental "journey" at that distance. He was right; the cool thing about it is the ups and downs you experience along the way and the unexplainable feeling of accomplishment when you cross the finish line. I knew Melinda (wife) and the kids would be there cheering me on and keeping me going, but it was a great surprise and emotional



*William Long on the run.*

boost when Johnny appeared from the crowd at about mile 11, ran along with me for a bit, and gave me some words of advise," Watson continued. "More importantly, my alternative motive was to raise money for a good cause. For every



*Sam Watson.*

mile I ran, sponsors donated money toward fighting Batten Disease (of which both of my children and 7000+ others in the US are afflicted). I'm happy to say that I raised over \$1500, which will be given to medical researchers who are trying to find a treatment or cure for this terrible disease."

As he told Johnny, he accomplished two of his three goals: finish, finish without needing subsequent surgery, and to finish under five hours. His chip time was 5:13 and yes an 80 year old and 12 year old beat him, not to mention William Long! But hey two outta three ain't bad!

"I've always wanted to be able to do it, and to say I did it. It felt really good after the race was over." Long said when asked why he decided to run. "I was really sore and tired, but it was worth it!

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It felt really great, being able to finish. I'm not sure if I'm going to do it again next year, but to anyone thinking about running, do it! It's painful but worth it!"

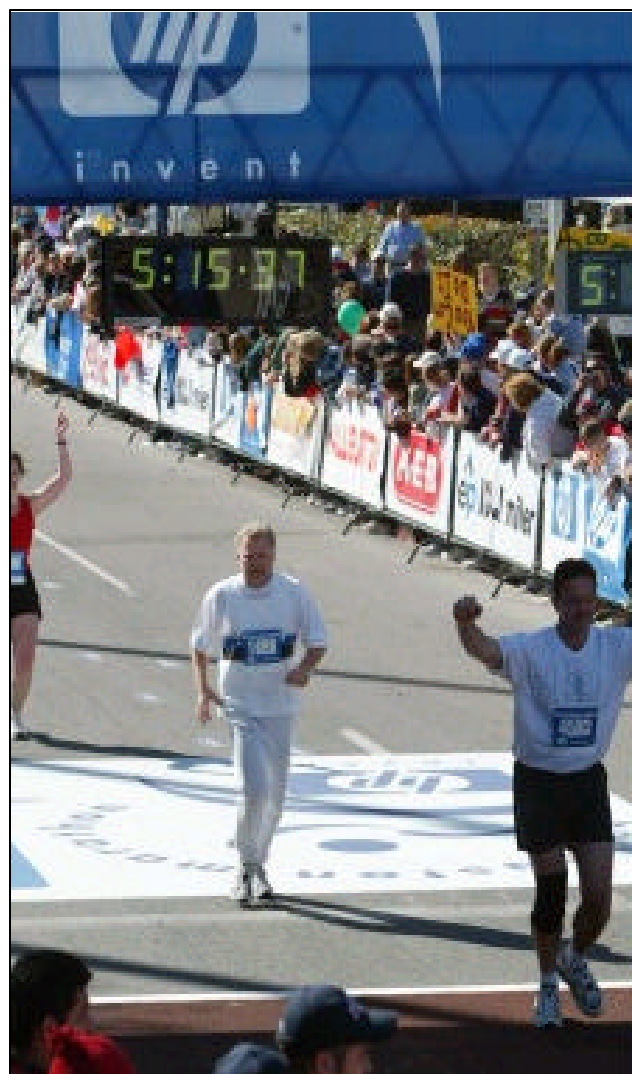
As far as training went, he tried to run every morning, but it didn't seem to work out as he planned. To make up, he ran long runs on the weekend, 10 to 20 miles. Long's time was 4:26 which shows that his training paid off!

High technology and the power of the Internet kept race fans up-to-date on each runner's progress. Transponders tied to the runners' shoelaces triggered receivers at the start/finish line and at interval points along the course. Race officials said that at one time the marathon's Web site was getting as many as 1,200 hits per second. Viewers of the race's Web page could enter an individual runner's name or number and see on a detailed course map the latest timing point passed, the runner's split times and estimated finish time.

The hp houston marathon is the nation's premier winter marathon, annually attracting participants from all 50 states and several foreign countries. In 2002, nearly 15,000 runners took part in four marathon weekend events (marathon, half-marathon, four-mile run and children's run). The hp houston marathon offers the only closed marathon course in Texas and is ranked among the top five in the nation by the Ultimate Guide to Marathons for fastest course, organization and crowd support. More than 5,000 volunteers organize the race, which is Houston's largest single-day sporting event.

Houston's first marathon took place in December 1972 on a five-mile loop with a parked station wagon marking the turn. Forty volunteers and a spectator crowd estimated at 200 people, cheered the 113 runners on. Thirty years later, the hp houston marathon ranks among the worlds best.

The Houston marathon has been repeatedly selected as the qualifying event for many world-renowned road-racing competitions, including the 1998 U.S. Women's Marathon Championship and U.S. Women's Olympic Marathon trials in 1992.



*Sam Watson crossing the finish line at the hp houston marathon. For every mile that Sam ran, sponsors donated money toward fighting Batten Disease.*

# The Effects of Stress on the Body...

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses.

Stress is a normal part of life. Many events that happen to you and around you - and many things that you do yourself - put stress on your body. You can experience stress from your environment, your body, and your thoughts.

Stress can be positive, keeping us alert and ready to avoid danger. Stress becomes negative when a person faces continuous challenges without relief or relaxation between challenges. As a result, the person becomes overworked, and stress-related tension builds.

Stress that continues without relief can lead to a condition called distress - a negative stress reaction. Distress can disturb the body's internal balance or equilibrium - leading to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain, and problems sleeping. Research suggests that stress also can bring on or worsen certain symptoms or diseases.

Consider the following facts: 43% of all adults suffer adverse health effects from stress; 75% to 90% of all doctor's office visits are for stress-related ailments and complaints; stress is linked to six of the leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide; the Occupational Safety and Health Administration declared stress a hazard of the workplace; in terms of lost hours due to absenteeism, reduced productivity and workers' compensation benefits, stress costs American

industry more than \$300 billion annually; and the lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.

## Here are six easy strategies one for each day of the week to help you meet stress head-on and conquer it:

1. **Breathe.** Yes! It's that simple. Breathe deeply, but don't hyperventilate. Inhale as though you were sniffing a delightful scent.
2. **Set boundaries.** Decide what you will do and when. Better still, decide what you won't do and dare to say "no." Try to avoid anything, and anyone, who wastes your time.
3. **Clarify your goals.** Decide exactly what needs to be done, and plan a smart way of accomplishing each task. Oh, and give yourself a big tick on the calendar every time you achieve even one of your goals, no matter how small.
4. **Put yourself first.** That's right! If you aren't functioning at your peak, your work and your relationships will suffer. Find time for yourself, and try to do at least one relaxing thing each day: Take a bubble bath, or read a chapter of a favorite book.
5. **Get spiritual.** Get in touch with your spiritual values, and align your plans and activities with them. For instance, read an inspiring book, then figure out how to incorporate what you learned into your day-to-day life.
6. **Take five.** Right now stop what you are doing to cherish the moment. Savor whatever you're drinking or eating or smell the air, the flowers and the trees. Take a moment every day to marvel at the wonders all around you.



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# And the Importance of Yoga for Men



Ira Bloom calls himself a yoga “evangelist.”

By day, the 52-year-old Bloom is a practicing dentist. Two or three times a week, though, after leaving his office, you’ll find Bloom at the Greater Baltimore Yoga Center. There, for an hour and a half, he practices a form of hatha yoga known as Iyengar.

Bloom came to yoga quite by accident about five years ago. An ad offering a free week of yoga classes spurred him on, and he’s been hooked ever since. “It’s a great way to improve your strength, become more flexible, and relieve stress,” says Bloom. “It really calms the mind.”

Though Bloom says that his ultimate goal is to practice yoga every day, he admits that a hectic schedule makes that difficult. But, he adds, even the two or three times a week he does make it to yoga class has a strong influence on his daily routine. “It just spills over into your everyday life,” he says. “You learn to do your life like you do your yoga ... to be centered, to breathe more calmly, and to be focused. Little things don’t bother you as much.”

Calming the mind not only makes day-to-day living easier, says Robert Bulgarelli, DO, FACC, who practices integrative and preventive cardiovascular medicine at Cardiovascular Associates of Southeastern Pennsylvania, it also has far-reaching effects when it comes to protecting men (and women, too) from the physical damages of stress. “Yoga, with its combination of meditation and breathing, helps get the mind and body in sync,” says Bulgarelli. Men, he goes on to say, frequently downplay the stress that they’re feeling, and as a result, tend to develop heart disease at an earlier age

“To take 20 to 40 minutes

out of your day to sit and be quiet, to gently stretch, and to breathe deeply,” says Bulgarelli, “is a tremendous way to reduce stress.” Studies have shown, he says, that the various forms of yoga can help reduce blood pressure, body temperature, and heart rate, improve respiratory function, and even change brain waves.

“Yoga has tremendous implications for everyone,” says Bulgarelli, “but especially for men, by allowing them to decompress and de-stress.”

Bulgarelli says that in addition to its potential to prevent and even manage heart disease, yoga is a good antidote to depression as well, which is epidemic among men in the United States.

“Yoga gives you the opportunity to strip yourself down, to quiet yourself, to just really ‘be,’” says Bulgarelli, “and for any men, that may be the first time they’ve ever done that. The meditative aspect of yoga is the perfect avenue to help you figure out what’s going on in your life.”

As if the possible benefits of yoga in terms of stress, heart disease, and depression weren’t enough, there are additional advantages of yoga, especially for men, says Julio Kuperman, MD, head of neurology at St. Agnes Medical Center in Philadelphia and associate professor of neurology at the University of Pennsylvania School of Medicine.

Yoga has much to offer men of any age, Kuperman says. It has physical activities that has a “de-compacting” effect on the body. This is essential, says Kuperman, to counter the effects of gravity associated with activities such as running or jogging and playing golf.



# Safety at Mardi Gras

## *The Do's and Don'ts of Galveston's Island Celebration*

**Galveston** is no more crime-infested than any other large city, which is probably contrary to what you may have heard. The reason Galveston is considered by some as a high crime city is two-fold. First, it's a big tourist attraction; hence there are a lot of "eyes" on what's happening there - more so than what happens in cities that aren't as big of tourist attractions. Secondly, when many people visit Galveston, they let down their guard somewhat...because of the large crowds.

Some say, "There is safety in numbers." And while this might be true to an extent, it doesn't mean you shouldn't take common-sense precautions. In the highly unlikely event that you fall victim to a crime (usually pickpockets/muggers, but could be much worse), the only thing that's certain is you will NEVER catch or see the perpetrator again....ever. While there's "safety" in huge crowds, there's also "anonymity." If you are victimized, my recommendation is that you find the nearest police officer or a pay phone and call the police (immediately) - not that they will be able to do anything, though. To possibly help prevent falling victim to a crime, see the tips below.

**Valuables** - Don't bring valuables to Mardi Gras unless you absolutely have to; and if that be the case, store them in your hotel's safe.

**Luggage** - Never, ever leave your luggage unattended in public. If you turn your back on your luggage while in a hotel lobby, airport or rail terminal, you could be the victim of an SNR (Snatch 'n' Run). This happens no more in

Galveston than it does in other cities; however given the large number of people that will be coming in for Mardi Gras, thieves will be chomping at the bit.

**Someone Following You** - If you sense that you are being followed by someone suspicious, get yourself occupied. Occupation usually discourages following, and is also an excellent tactic for getting rid of drunks who won't leave you alone. Walk over and start talking to a cop if one happens to be around. If not, go into a restaurant or a bar and don't leave until you know your follower has left the area and the coast is clear. What if they follow you into the restaurant or bar? Make friends with someone there, and fast. Your follower will soon get lost (but make sure they aren't standing outside waiting for you). In most all cases, the person following you is probably just drunk or interested in becoming friends with you, but you should always remain cautious.

**Mugging and Other Crimes**-The golden rule: "For I say unto you, thou shalt not veer off the well-lit, beaten path; for whomsoever doth veer off this path shall assume a great risk." Stay in well-lighted areas where other revelers are. Do NOT wander into dark alleys anywhere or down streets beyond the edge of the Strand. There are several rough neighborhoods within walking distance of the Strand area. The most important Mardi Gras safety tip of all: STAY ON THE BEATEN PATH.

**Your Hotel Room Number** - Never show anyone your hotel room card folder or tell them your room number unless you know you can trust them (or can overtake them if something goes wrong).

**continue on next page...**





*Edward Hecker*

## Hecker Named New USACE Homeland Security Chief

Lt. Gen. Robert Flowers, commander of the US Army Corps of Engineers (USACE), has announced the appointment of Edward

Hecker to the new Senior Executive Service (SES) position of Chief, Homeland Security Office in the Directorate of Civil Works at the Corps headquarters.

Hecker, 52, had previously been Chief of the Civil Emergency Management Branch at Corps headquarters for 10 years. He has now been named to head the new homeland security office, which Flowers established to deal with potential threats to USACE facilities.

The USACE Homeland Security Office is

responsible for USACE civil emergency management and critical infrastructure protection programs. In addition, Hecker is charged with working with elements of the new U.S. Department of Homeland Security, and the Army and Defense Departments to coordinate USACE support to the overall Homeland Security mission.

Hecker said he has two immediate priorities for his new position. "We need, first, to identify the individual and independent homeland security elements, initiatives and programs that are ongoing throughout the Corps, and organize them into a coordinated program framework. Secondly, we need to establish a dialog with our customers, stakeholders and partners to get their views on where USACE needs to focus its homeland security efforts."

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**Stupidity** - Don't fall for the "I bet you money that I can tell you where you got your shoes" trick. Note: This isn't technically a crime because participation is subject to mutual agreement; however, don't participate unless you want to be out some \$\$.

**Pick-Pockets** - Pick-pockets love big crowds, especially at parades and other large, outdoor events. The best way to guard against this crime is to carry only the important items you need, and carry them in places other than your pockets (or at least not in your back pockets). One popular way to carry such things as money, credit cards, and other essentials is to purchase a small, leather bag that can be attached to your belt

in the front. I don't know the proper name for these bags, but they are very common. In addition from being pick-pocket protection, these bags are also good for storing fragile items such as cameras. You're less likely to bump something or get bumped in the front that you are in the side or rear. There is also such a thing as a "money belt." The concept is simple - carry your short-term spending money in your front pocket, and keep a larger amount in your money belt. But watch out - smart criminals know which belts are "money belts," and might want to follow you to the restroom or some other area if they think you're about to replenish your supply of cash!

## February Birthdays

|                  |        |
|------------------|--------|
| Lynette Mills    | Feb 1  |
| Ramon Barrios    | Feb 2  |
| Nettie Irvine    | Feb 3  |
| Roslyn Colston   | Feb 3  |
| Gary Owens       | Feb 6  |
| Michael Sells    | Feb 6  |
| Charles Thomas   | Feb 7  |
| Michael Demasi   | Feb 7  |
| Shakar Misir     | Feb 7  |
| Lisa Kendrick    | Feb 8  |
| Darrell Johnson  | Feb 9  |
| Ashley Jones     | Feb 13 |
| Jose Vargas      | Feb 14 |
| Sylvester Crooks | Feb 16 |
| Lucille Smith    | Feb 18 |
| Justo Pena       | Feb 20 |
| Cleta Powers     | Feb 22 |
| Willie Honza     | Feb 22 |
| Kenneth McDonald | Feb 23 |
| Marcus O'Donohoe | Feb 25 |



## Speakers

On January 24, 2003 at TPWD HQ in Austin, John Machol, part of an interagency workgroup, Texas Environmental Resource Stewards (TERS) presented findings to BG Robert Crear and the heads of Environmental Protection Agency, TPWD, USFWS, Texas Department of Transportation, FHWA, TNC, TCF, and the Governors Office. The workgroup has developed a collaborative approach to identifying the most sensitive ecological resources in Texas, using a Geographic Information System (GIS) driven, ecological health evaluation tool. The goal is to identify the most valuable resources, so they can avoid them during project planning, and find potential mitigation areas on a large, ecosystem scale. General Crear pledged continued support and praised the group as a highly effective, problem solving team. He offered to host the next Executive Leadership meeting here in the Galveston District in July 2003. PMBP in action!

John also spoke at the 13<sup>th</sup> Annual Texas Wetland Conference at the Hyatt Regency Hotel in Austin on February 10, 2003. He spoke on the Corp's Regulatory Program after SWANCC, the ongoing discussions regarding hydrologic connections to navigable waters, and the Advanced Notice for Proposed Rulemaking. He also participated in a 2-½ hour roundtable discussion. All in all the discussion was lively and well received. This conference was a good professional outreach effort.

## Welcome

The Northern Area Office has filled 3 vacancies within the last few months. Cliff Dominey, Project Engineer, has joined us from the New Orleans District, Cliff Reeves, Project Engineer, has joined us from the Greenwood Resident Office, Vicksburg District, and Chris Rossi, CADD Technician, has jumped the fence from the Bay Area Office over to our office. Let's welcome Cliff Dominey and Cliff Reeves to the Galveston District and Chris Rossi to the Northern Area Office.

## Congratulations!

Rhonda Brown has been selected to fill the lateral reassignment to Operations Manager, Navigation Branch. The effective date of the reassignment was 29 December 02. Let's all welcome Rhonda to the Operations Division Team!!!!!!

## Get Well Soon

Please keep Phil Coughlin and his family in your thoughts and prayers. Phil was taken to the emergency room on February 18 after suffering a stroke. He has since then stabilized and donations for flowers can be made in the RMO office.

## HEADS UP!

Your Texas driver's license has a phone number on the back, just above the bar code: 1-800-525-5555. (It's VERY SMALLPRINT but it IS there.) This number can be called for emergency assistance on the highway or wherever you might have trouble while in your car. A service truck will be sent to you.

This service is state operated, paid for with your tax dollars. If you are ever stranded, just call the number on your driver's license...help is on the way. A state trooper will be sent to make sure all is well. This one is worth passing on to everyone you know!!

## The Gift of Life

Thirty-seven donors gave the gift of life at the January 2003 Blood Drive held on January 21, 2003. This was a great Corps of Engineers and Coast Guard effort. We had 5 first-time donors! Since each donation can help three people, the 37 donors potentially helped 111 people! Way to go, Galveston!!

Donald Carelock  
Lynette Anders  
Ronny Beesley  
Kenneth Bellino  
Veronica Benavides  
Bruce Bennett  
Karl Brown  
Fredalyn Colston  
Delia Deckard  
Pramod Desai  
Frank Garcia  
Anna Valli Gordon  
Brenda Hayden  
Bryan Herczeg  
Edward Huff  
Bill Jakeway  
Sharon Jorda  
Patricia Lingo  
John Machol

Theдрit Parker  
Kanu Patel  
Jeffrey Ramos  
Vern Schrank  
Gary Strangeland  
Jody Stephens  
Jason Tieman  
James Worthington  
Tabetha Havasy  
Thomas Mason  
Clark Bartee  
Chad Doughty  
James Elsenburg  
Shirley Fanuiel  
Barbara Johnson  
Debra Lindsey  
Kristi McMillan  
Valerie Miller

### Reminder: Smoking at the District

There are currently four designated smoking areas for the Jadwin building. Each area has a sign designating the area as a smoking area, with a yellow canister for cigarette disposal, (and while not always strictly possible because of building design and weather conditions) smokers are asked to remain at least 50 feet away from entrances:

- Main entrance, adjacent to designated handicap parking,
- Parking Garage entry/exit west side
- Cafe patio area (contingent on Security conditions),
- Loading Dock.





**3<sup>rd</sup> Annual Fort Worth District  
Spring Bass Tournament  
Sam Rayburn Lake, Texas**

**Entry Form**

**WAVIER: Individuals participate at their own risk. The Fort Worth District or the U.S. Army Corps of Engineers will not be responsible or liable for any accidents, damaged equipment, or any other mishaps. By signing this entry form, you are waiving all rights to hold the government and it's entities liable.**

Name \_\_\_\_\_ Big Bass (\$10.00)

Yes / No

Office Phone Number \_\_\_\_\_

Signature \_\_\_\_\_

Partner's

Name \_\_\_\_\_ Big Bass (\$10.00)

Yes / No

Office Phone Number \_\_\_\_\_

Signature \_\_\_\_\_

Total amount enclosed: \_\_\_\_\_

Please make checks payable to Tom Webb or Charlie Burger. You can give this entry form along with your entry fee to Tom or Charlie or mail to:

Whitney Lake Office / Power Plant  
Attn: Tom Webb or Charlie Burger (Bass Tourney)  
285 CR 3602  
Clifton, TX 76634

Thomas.R.Webb@swf02.usace.army.mil (254) 622-3268  
Or

Charles.L.Burger@swf02.usace.army.mil (254) 622-3332

All entry fees must be collected NLT COB, 15 April 2003.

## Upcoming Events

### March 1

INS Groundbreaking  
in Edinburg

### March 3

Secretary White  
Visits District

### March 5

Dickinson High School  
Environmental Expo.  
"Keep America Beautiful"

### March 11-14

Inland Waterways  
Conference

### March 12

BSA Fishing Day

### March 17

St. Patrick's Day

### March 27

INS Grand Opening  
at Rio Grande City

### March 29

Redfish Island  
Dedication

Trash Bash  
Texas City and San Jacinto